

Nature's Gift from the Sunny South

A Cottolene Home Is a Healthy Home

Food Purity is of great importance in every well-regulated home.

The woman who fries or shortens her family's food with lard is doing so because she is unaware of the ill effects which may come of it. Lard-cooked food never has been, never can be, as healthful as food cooked with Cottolene. The very sources of the products will teach you this.

Lard is made from hog fat, and what assurance have you that the animal is free from infection, or disease germs? On the other hand, Cottolene comes from the cotton fields of the Sunny South, and is made from the purest, refined cottonseed oil, which physicians to-day recommend as being fully as healthful as olive oil.

Cottolene is clean, pure, and makes digestible, nourishing food. It has been recommended by physicians generally for the building up of patients whose bodies contain tuberculosis germs. Can you imagine hog lard being recommended for such a purpose?

COTTOLENE is Guaranteed Your grocer is hereby authorized to refund your money in case you are not pleased, after having given Cottolene a fair test.

Never Sold in Bulk Cottolene is packed in pails with an air-tight top to keep it clean, fresh and wholesome, and prevent it from catching dust and absorbing disagreeable odors, such as fish, oil, etc.

Made only by THE N. K. FAIRBANK COMPANY



There are no beverages like Narragansett Lager and Ale; as a tonic, they have most marvelous, invigorating properties. Being absolutely pure beverages, they have no deleterious effect on the liver or kidneys, but add life and vigor to the age weakened system.

Narragansett
LAGER AND ALE

Explorer Nordenskjold Convinced

That Dr. Cook Reached the Pole—Has No Doubt After Reading Rasmussen's Statement.

Stockholm, Oct. 21.—Dr. Otto G. Nordenskjold, the Antarctic explorer, expressed himself today as much impressed with the word brought from Knud Rasmussen, the explorer now in Greenland, by the Greenland steamer Godthaab. Rasmussen is reported as quite convinced, through talks with the Eskimos, that Dr. Cook reached the north pole.

"The message from Rasmussen," Dr. Nordenskjold said, "leaves me without a doubt that Dr. Cook reached the pole as he stated. I deplore, however, the fact that Cook failed to turn over his observations to the University of Copenhagen immediately upon his arrival in Denmark. Had he done this he would have deprived Commander Peary of an opportunity to allege that his polar data was made to order after Cook reached New York."

"Such allegations, however, will not be given credence by anyone who, like myself, is well acquainted with Cook, knowing him as a conscientious explorer."

Cook's Comment on Rasmussen's Statement.

Toledo, O., Oct. 21.—That the statement of Knud Rasmussen is a valuable addition to the establishment of proof

of his discovery of the north pole was, in substance, Dr. Frederick A. Cook's comment here today. Rasmussen's statement is to the effect that Dr. Cook's claim is fully borne out by the information which the Danish explorer obtained among the Eskimos.

Dr. Cook read the statement for the first time today when he stopped in Toledo between trains on his way from Ann Arbor to Canton. He said that Rasmussen's opinion is particularly valuable because he is half Eskimo himself, speaks the Eskimo language perfectly, thoroughly understands the people and is better able to secure correct information from them than any other scientist or explorer.

Dr. Cook also pointed out the disinterested character of the statement. "It is that of a man who had no occasion to defend me," he said. "He is not particularly a friend of mine and had no relation to our expedition. I first met him at North Star in 1907. He gathered his information from the Eskimos before he heard from me that I had discovered the north pole. I saw him at Esbjerg, Denmark, early in August last for a few minutes, when I first told him of the discovery, although he may have heard of it previously from the Danes."

The Weather Man.

Appropos of the fact that the weather bureau, "Old Probie," made accurate predictions regarding the hurricane from Cuba which struck the Florida straits, some of our contemporaries, for example, the Springfield Republican, are calling attention to the fact that the weather bureau is not nearly as inaccurate as is popularly supposed. As our contemporary says, predictions that are verified are "taken as a matter of course." They are passed over or forgotten when some bad break, as the prediction on the weather for the auguration day, challenges attention to an inaccuracy. Even the weather bureau should have its due, and our own belief is that if people watched it more carefully they would have far more confidence in it. Its general average predictions are fairly good.—Waterbury American.

Worthy of Confucius.

He who slanders me behind my back, fears me; he who praises me in my presence, despises me.—Chinese Proverb.

Limitations of Ignorance.

The man of brains sees difficulties, surmounts or avoids them; the fool knows no difficulties.—La Bruyere.

Excuse for Ingratitude.

A man who is ungrateful is often less to blame than his benefactor.—La Rochefoucauld.

To Clean Mother of Pearl.

Mother of pearl ornaments should be cleaned with a paste of whiting and cold water. Soap discolors them.

Art and Dress Can Not Mingle.

Quida: Count art by gold and it fetters the feet it once winged.

Scorn to Imitate.

Be your real self and you will be original.—Wood.

Hazards.

But if young men cannot satisfy their selfish conception of privilege except by having those weaker than themselves they should at least submit to the penalties. The strike of the students of the Maine university because the faculty have seen fit to discipline a portion of their number for having been a thoroughly senseless proceeding. It is in the difficulty of securing evidence against actual offenders that apparent injustice has been done. It furnishes no justification for academic anarchy. It is frequently said that the college is a small world in itself and if that be true its laws must be obeyed by those who voluntarily put themselves under their discipline. The idea of being in training for good citizens they are setting a dangerous example of lawlessness to those who have lacked their advantages.—Boston Transcript.

Ocean Waters.

A ton of water from the Atlantic ocean, when evaporated, will yield eight pounds of salt; a ton from the Pacific, 79 pounds; and a ton from the Dead sea, 187 pounds.

Mother Knows.

When the children are told what a smart man their father is they look at their mother as if asking her if they are to believe it.—Atchison Globe.

Highest of All Duties.

To bring a child to the realization of the divine nature within him seems to me to be the highest duty of parents and educators.—Channing.

The Voice of Experience?

One trouble about knowing too much is that you waste a lot of valuable time trying to explain things so that others can understand them.

Inexorable.

"Absent-minded, is she?" "I should say so. She's the kind of woman who would go to a bridge party without her rings."—Bellman.

A Real Man.

A real man is one who reaching his home is met at the gate, door, or in the house by his children, who grab him around the neck, hug and kiss him and man him in general; their action to be followed by a hearty reception by the wife and mother. It is possible for such a man to be a gentleman, but many "gentlemen" are not real men.

Hung by Wedding Ring.
While a woman named Gregson, of Swadlincote, England, was placing a penny in her gas meter she slipped, and her wedding ring caught on a nail in the wall. She remained hanging for some time before help arrived. The ring had to be removed by a jeweler before the doctor could dress her injured hand.

Concrete Also Is New-Old.
Concrete itself is, of course, very old. The concrete stairs of Colchester and Rochester castles still show the marks of the crossing boards; the dome of Agrippa's Pantheon, which is 142 feet in diameter, is of concrete; and fragments of concrete buildings are found in Mexico and Peru.

Command Respect and Love.
Beauty of achievement, whether in overcoming a hasty temper, a habit of exaggeration, in exploring a continent or guiding well the ship of state, is always fascinating, and those who are in this fashion beautiful are never desolate, and some one always loves them.—Frances E. Willard.

Uncle Jerry Sees Through Them.
"I see," remarked Uncle Jerry Peebles, "the life insurance companies have laid down a set of rules for making people live 15 years longer. I am going to pay any attention to 'em. The life insurance companies have got a good enough thing as it is."

The Divinity of Man.
The divinity of man is indeed wonderful and glorious in the rare and mighty soul, but how much more so is it in the humble and common one, and how far greater a thing it is to discern and reverence it there.—James Russell Lowell.

A Good Word for the Bachelor.
"I'm not in favor of this scheme of putting a tax on bachelors," says the Philosopher of Felly. "On the contrary, I think most of 'em should be pensioned for refraining from making homes unhappy."—Cleveland Leader.

A Cause for Thanksgiving.
"What are you crying about?" "My husband beat me." "Who is he?" "A gypsy fiddler. He beat me with the fiddle bow." "Then you ought to be thankful he doesn't play a bass viol."—Fliegende Blatter.

Gives Strength to Character.
Poverty is uncomfortable, as I can testify; but nine times out of ten the best thing that can happen to a young man is to be tossed overboard and compelled to sink or swim for himself.—James A. Garfield.

Electric laundries are being installed on the big ocean liners, where all the washing, drying and ironing is done by electricity.

The Parson and the Dentist.

A clergyman went to have his teeth fixed by a dentist. When the work was done the dentist declined to accept more than a nominal fee. The parson, in return for his favor, insisted later on the dentist accepting a volume of the reverend gentleman's own writing. It was a disquisition on the Psalms, and on the flyleaf he had inscribed this appropriate quotation: "And my mouth shall show forth thy praise!"—Harper's Weekly.

Echoes from Another World.

O music! Thou that bringest the past and the future with their fluttering flames so near to our wounds, art thou the evening zephyr of this life or the morning breeze of life to come? Yes, thy notes are the echoes which angels catch from the joyous tones of another world, in order to drop into our mute heart and our desolate night the exhaled, verbal harmonies of the heavens that fly far from us.—Jean Paul Richter.

Sought Fatal Inspiration.

Vladimir Nestoroff, a Moscow man, who had resolved to write a play after the style of "Hamlet," took a dose of Indian hemp, and invited three companions to write down the words of wisdom which he expected would fall from his lips while he was under the influence of the drug. As his words were no wiser after 30 minutes he took a larger dose, with the result that he became unconscious and died.

Reforestation in Scotland.

Scotland long ago lost its forests. In the time of James VI. it was lamented that the country was almost naked and "many years ago spoiled of all the timber within the same." Within the last hundred years, however, great tracts, notably in Perthshire and Forfarshire, that once were bare, have been reclothed with "timber."

Ruling Spirit Strong.

Instances of the ruling passion strong in death are very common. It is said of Dr. Arne, the great English composer, that he died in the middle of a conversation on some musical matter, trying with his last breath to sing a passage the meaning of which he was too exhausted to explain.

Cold and Fish.

Cold seems to have no effect on several varieties of fish. Perch will live in ponds frozen over all winter; and the white fish of Canada have been frozen so stiff that they have been brittle enough to break, yet showed signs of life when properly thawed out.

About the Limit of Desire.

How glad the old world must be that the beauty cult keeps alive. Sir Philip Sidney's Stella offered him "service and honor, wonder with delight, fear to offend." These ought to suit any man when accompanied with pink cheeks and bright eyes.

What Does It Mean?

Here is a CHTIWT HGU ACTONERASDRIB DLO. But it is so easy when you know the answer. Just read backward and you will see at once.

Caroline Lady Saye and Sele, who has died in Hereford, where she had resided since her marriage in 1857 with the sixteenth Lord Saye and Sele, canon of Hereford cathedral, was the third daughter of the first Lord Leigh and sister of the dean of Hereford and the late Lord Leigh.

True Happiness.

Half the world is on the wrong moment in the pursuit of happiness. They think it consists in having and getting and in being served by others. It consists in giving and in serving others.—Henry Drummond.

Remove Soot from Lamp Chimney.
Place chimney under faucet of running cold water, which removes all oil soot. Then wash in warm water in which a teaspoonful of borax has been dissolved and polish.

For Squeaky Boots.
Very squeaky boots may be silenced by just allowing the soles to stand in either olive or castor oil for about twelve hours; then take out and let them dry well.

Fork in Bullock's Stomach.
A steel fork, about seven inches long and rather sharply pointed, has been found in the stomach of a bullock killed at Longport, England.

Cheese Is Nourishing.
Cheese is an excellent substitute for meat, and there is infinite variety in the ways of preparing it, so that one may not readily tire of it.

Matrimony.
At 40 a man may regret that he married. At 60 a bachelor regrets bitterly that he did not take a wife.—Paris Pictorial.

SUFFERING ONE YEAR

Cured by Lydia E. Pinkham's Vegetable Compound

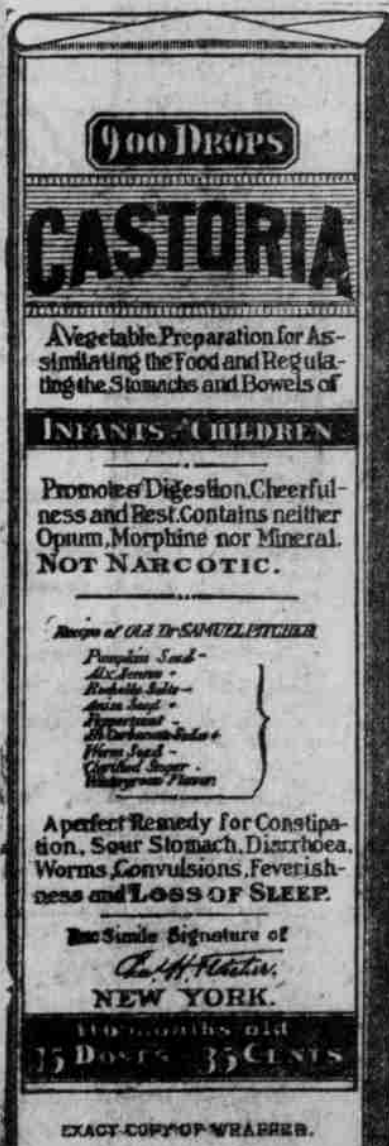
Milwaukee, Wis.—"Lydia E. Pinkham's Vegetable Compound has made me a well woman, and I would like to tell the whole world of it. I suffered from female trouble and fearful pains in my back. I had the best doctors and they all decided that I had a tumor in addition to my female trouble, and advised an operation. Lydia E. Pinkham's Vegetable Compound made me a well woman and I have no more backache. I hope I can help others by telling them what Lydia E. Pinkham's Vegetable Compound has done for me."—Mrs. Emma Linn, 633 First St., Milwaukee, Wis.

The above is only one of the thousands of grateful letters which are constantly being received by the Pinkham Medicine Company of Lynn, Mass., which prove beyond a doubt that Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, actually does cure these obstinate diseases of women after all other means have failed, and that every such suffering woman owes it to herself to at least give Lydia E. Pinkham's Vegetable Compound a trial before submitting to an operation, or giving up hope of recovery.

Mrs. Pinkham, of Lynn, Mass., invites all sick women to write her for advice. She has guided thousands to health and her advice is free.

Why Physicians Recommend Castoria

CASTORIA has met with pronounced favor on the part of physicians, pharmaceutical societies and medical authorities. It is used by physicians with results most gratifying. The extended use of Castoria is unquestionably the result of three facts: *First*—The indisputable evidence that it is harmless: *Second*—That it not only allays stomach pains and quiets the nerves, but assimilates the food: *Third*—It is an agreeable and perfect substitute for Castor Oil. It is absolutely safe. It does not contain any Opium, Morphine, or other narcotic and does not stupefy. It is unlike Soothing Syrups, Bateman's Drops, Godfrey's Cordial, etc. This is a good deal for a Medical Journal to say. Our duty, however, is to expose danger and record the means of advancing health. The day for poisoning innocent children through greed or ignorance ought to end. To our knowledge, Castoria is a remedy which produces composure and health, by regulating the system—not by stupefying it—and our readers are entitled to the information.—*Hall's Journal of Health.*



The Kind You Have Always Bought and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

GENUINE CASTORIA
Bears the Signature of

Letters from Prominent Physicians Addressed to Chas. H. Fletcher.

Dr. W. L. Leister, of Rogers, Ark., says: "As a practicing physician I use Castoria and like it very much."

Dr. W. T. Seeley, of Amity, N. Y., says: "I have used your Castoria for several years in my practice and have found it a safe and reliable remedy."

Dr. Raymond M. Everts, of Santa Ynez, Cal., says: "After using your Castoria for children for years it annoys me greatly to have an ignorant druggist substitute something else, especially to the patient's disadvantage, as in this case. I enclose herewith the wrapper of the imitation."

Dr. R. M. Ward, of Kansas City, Mo., says: "Physicians generally do not prescribe proprietary preparations, but in the case of Castoria my experience, like that of many other physicians, has taught me to make an exception. I prescribe your Castoria in my practice because I have found it to be a thoroughly reliable remedy for children's complaints. Any physician who has raised a family, as I have, will join me in heartiest recommendation of Castoria."

Dr. W. F. Wallace, of Bradford, N. H., says: "I use your Castoria in my practice, and in my family."

Dr. Wm. I. McCann of Omaha, Neb., says: "As the father of thirteen children I certainly know something about your great medicine and aside from my own family experience, I have, in my years of practice, found Castoria a popular and efficient remedy in almost every home."

Dr. Howard James, of New York, City, says: "It is with great pleasure that I desire to testify to the medicinal virtue of your Castoria. I have used it with marked benefit in the case of my own daughter, and have obtained excellent results from its administration to other children in my practice."

Dr. J. R. Clausen, of Philadelphia, Pa., says: "The name that your Castoria has made for itself in the tens of thousands of homes blessed by the presence of children, scarcely needs to be supplemented by the endorsement of the medical profession, but I, for one, most heartily endorse it and believe it an excellent remedy."

Dr. B. Halstead Scott, of Chicago, Ill., says: "I have prescribed your Castoria often for infants during my practice and find it very satisfactory."

Dr. William Belmont, of Cleveland, Ohio, says: "Your Castoria stands first in its class. In my thirty years of practice I can say I never have found anything that so filled the place."

Dr. R. J. Hamlen, of Detroit, Mich., says: "I prescribe your Castoria extensively as I have never found anything to equal it for children's troubles. I am aware that there are imitations in the field, but I always see that my patients get Fletcher's."

Dr. Channing H. Cook, of Saint Louis, Mo., says: "I have used your Castoria for several years past in my own family and have always found it thoroughly efficient and never objected to by children, which is a great consideration in view of the fact that most medicines of this character are obnoxious and therefore difficult of administration. As a laxative I consider it the peer of anything I ever prescribed."

Dr. L. O. Morgan, of So. Amboy, N. J., says: "I prescribe your Castoria every day for children who are suffering from constipation, with better effect than I receive from any other combination of drugs."

Dr. H. J. Taft, of Brooklyn, N. Y., says: "I have used your Castoria and found it an excellent remedy in my household and private practice for many years. The formula is excellent."

Dr. Wm. L. Bosserman, of Buffalo, N. Y., says: "I am pleased to speak a good word for your Castoria. I think so highly of it that I not only recommend it to others, but have used it in my own family."

Dr. F. H. Kyle, of St. Paul, Minn., says: "It affords me pleasure to add my name to the long list of those who have used and now endorse your Castoria. The fact of the ingredients being known through the printing of the formula on the wrapper is one good and sufficient reason for the recommendation of any physician. I know of its good qualities and recommend it cheerfully."

ASK YOUR PHYSICIAN

Dr. King's Restoration Method

What It Does for Toothless People



THOMAS JEFFERSON KING, D.D.S., Originator of Dr. King's Restoration Method for the natural restoration of teeth—originator of the King's Safe System of Painless Dentistry and Inventor of the "Natural Gum" Set of Teeth, Etc., Etc. All rights reserved.

A PAINLESS PROCESS

An impression has gone forth that there is some surgical operation connected with this method of restoring missing teeth. Some people have written in to know if we bore down into the bone and put the teeth in on pegs!

Others have an idea we set the new teeth into the sockets where the natural teeth were originally. It is quite natural that some unthinking people would ask such questions, and in order that they may be fully answered we will state that there is no boring, no cutting, no implantation about this method, nothing about the work that is painful while it is being done or afterward. Patients leave the office with these teeth in place and at once begin chewing meat, eating candy, toast, or anything else with the same comfort they would enjoy if every tooth in their head had grown there. If we couldn't promise this and make good on the promise, the Restoration Method would not be a success. It would be no better than ordinary bridgework or partial plates.

WE ARE GENERAL PRACTITIONERS

All Forms of Dentistry Treated by Experts. While the Restoration Method is our great specialty, we are general dental practitioners as well. From the simplest filling to the most intricate piece of porcelain work, our experts are at the service of the public.

Naturally we would do such work well, much better than it could be done in a one-man office. For the operators employed here are all men of the very highest skill. They need to be so to do the Restoration work. Beggars would not be tolerated in our office for a day, neither would dental students. We demand the finished craftsman, both at the operating chair and in the laboratory.

KING DENTAL PARLORS,
Dr. Jackson, Manager. Franklin Square, Norwich, Conn.